

A Visual Schedule for A Trip to the Dentist



We will be visiting the Dentist today to make sure my teeth and mouth are clean and healthy.



We'll walk into the office and tell our names to the people at the front desk.



Until they call my name, we will play games, colour, read books or watch television.



The dentist or nurse will call my name and walk with me to a room with a lot of toys.



The special chair will move up and down and lean back so the Dentist can look in my mouth.



When I sit in the chair, I'll keep my hands in my belly and put my legs and feet straight out in front of me.



The dentist will turn on the light and start counting my teeth with a special mirror. It may tickle a little.



When all my teeth are clean, I will spit into the sink and rinse with water.



The Dentist will give me a small reward for taking good care of my teeth.

#FeelGoodandSmile